

# BRIDGES

## READ MY BOOK:

Saskatoon Girls a coming-of-age tale of rebellion **P. 2**

## ON THE SCENE:

Our best shots from the I Love Rock 'n' Roll Dance **P. 10**

## FASHION:

An outerwear skirt to keep the winter chills away **P. 14**

WEDNESDAY, FEBRUARY 18, 2015

A STARPHOENIX COMMUNITY NEWSPAPER



## ONE FOR THE AGES

AT 81, TED ROWAN  
HAS SET 15 RECORDS  
IN TRACK AND FIELD **P. 4**

FREE

# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

#MICHAEL CUTHBERTSON

## A rock 'n' roll coming-of-age story

Three years ago after some failed no no's with a few girls at Saskatoon, I ventured into the wilderness of Nelson, BC to live, eat, drink and say my straightening some things out on my mind. Upon returning home from this state of homelessness, I went back to a rather familiar life in Saskatoon, working minimum wage jobs, longing for women and indulging in drinks and smoking.

Shortly after this period of my life, I realized all the drama that happened to me in recent months amounted to what looked, in my mind, like a very rare and gripping coming of age story that I had not realized things like before. So I spent the next three years writing and self-publishing my debut novel, *Saskatoon Girls*, a fictional story



inspired by my own misadventures in young adulthood.

*Saskatoon Girls* begins when John Peterson, a 34-year-old stocker and university student, who is looked out of his parents' house for smoking pot. He finds himself unwittingly thrown into the world of pornography and managing money, romantic relationships that are far too adult for his identity as a young man to properly deal with.

The novel, along with my own life at age 33, was deeply influenced by the strongly anti-establishment sentiments of American literary figures like Charles McCandless (the subject of *Into the Wild*) and Jack Kerouac, as well as Charles Bukowski. But Canada, and more specifically Saskatoon, is at the heart of *Saskatoon*.

Girls with the city's soiled glow, right? I lived in this community and sometimes strongly conservative spirit all playing control roles in the novel.

My novel is a tale of rebellion from mainstream society and is a story that I hope other beggars, people and non-conformers of all ages will find entertaining and relatable. More broadly, it is a story that details the typical thoughts of a very young adult, indecisive, judgemental and ignorant, and that is something which I suspect most readers will find great pleasure in reading.

*Saskatoon Girls* can be purchased at McNally Robinson in Saskatoon and online at [www.themegapress.com](http://www.themegapress.com). The novel is also available for Kindle.



Screen Time or Mean Time

### Understanding Teen Sexuality and the Influence of the Digital Age

Join health educator Deb Levine, founder of YTH - Youth + Tech + Health, at this free session to learn how to find the most age appropriate, medically accurate sexual and reproductive health resources for your teen. Get tips on how to protect and guide your adolescents through the virtual (and real) turbulence as they grow to become sexually healthy and responsible young adults.

Saskatoon: February 24, 2015  
7:00 p.m. - 8:00 p.m.  
Cliff Wright Library Auditorium  
1635 McKeen Drive

For more information call 306-451-4300 or email [info@saskprevention.ca](mailto:info@saskprevention.ca).

saskatchewan  
**preventioninstitute**  
our goal is healthy children

**FREE**  
Public  
Presentation



## You're my INSPIRATION

### NOMINATE A WOMAN OF DISTINCTION

For the 2015 YWCA Women of Distinction Awards\* proudly presented by PotashCorp

**Nominations deadline: March 15, 2015**

**Awards Dinner: May 26, 2015, TCU Place**

**Early bird tickets go on sale on Pricer starting February 2**

Arts, Culture and Heritage Award  
Athletics Award  
Community Building Award  
Education Award  
Entrepreneurship Award

Health and Wellness Award  
Leadership and Professional Award  
Research and Technology Award  
U29 Award (young women)  
Lifetime Achievement Award

All persons from Saskatchewan's Women of Distinction Awards\* Dinner are designated to extend programs at YWCA Saskatoon, making a difference for thousands of women and girls.

To make a nomination visit [www.ywcassaskatoon.com](http://www.ywcassaskatoon.com)  
Or contact YWCA Saskatoon at 306-244-7248 ext. 122

**WOMEN OF DISTINCTION AWARDS**  
YWCA



# INDEX

## # FASHION PG. 16



A hand-to-hat and outwear winter shirt keep Paula Chale warm. BRIDGES PHOTO BY MICHELLE BEER

## # TABLE OF CONTENTS

### READ MY BOOK — 2

Saskatoon Girl's a coming-of-age tale of rebellion

### ON THE COVER — 4

Ted Rowan is fit and has set records in track and field

### IN THE CITY — 8

A moment in time: Photographer Michelle Beer's shot that defines the week

### ON THE SCENE — 10

Our best shots from the I Love Sask 'n' Eat Dinner a la Mode winter for Girls Rock Camp Saskatoon

### RECIPES — 12

### ASK ELLE — 12

### FASHION — 14

A snuggly sweater skirt keeps the winter chilly away

### CROSSWORD/SUDOKU — 16

### EVENTS — 16

What you need to know to plan your week  
Send ratings to: [bridges@thestarphoto.com](mailto:bridges@thestarphoto.com)

### OUTSIDE THE LINES — 20

A weekly column devoted to the kids of all ages by writer Stephanie McKee

### GARDENING — 21

The hidden splendours of the winter garden

### SHARP EATS — 22

Regina Food Bank distributes products to all of Saskatchewan

### WINE WORLD — 23

Champ today with a glass of Bacoite

## # ON THE COVER P. 4



A former Olympian, Ted Rowan is again competing in track and field. Rowan's appearance since set a new set of Canadian records. BRIDGES PHOTO BY MICHELLE BEER

## BRIDGES COVER PHOTO BY MICHELLE BEER

Bridges published by The StarPhoenix — a division of Postmedia Network Inc. — at 204 Fifth Avenue North, Saskatoon, Sask. S7N 2P1

Headline Photo Editor: Anne Sharp is associate editor

For advertising inquiries contact 306-457-6340; editorial: 306-667-6327; home delivery 306-667-6320. Hours of operation are Monday to Friday 8:30 a.m. to 4:30 p.m.

The contents of this publication are protected by copyright and may be used only for personal non-commercial purposes. All other rights are reserved and commercial use is prohibited. To make any use of this material without first obtaining the permission of the owner of the copyright. For more information, contact the editor at 306-667-6327.

# ON THE COVER

Those days, among kids, there was honour. —

Ted Rowan

## #MASTERS ATHLETICS

### At 81, still on the fast track



Ted Rowan practicing long jump at the Field House in Saskatoon campus in the penitentiary. He looks up track and field for 70 and has since set 15 records. (PHOTO BY MICHELLE PIERRE)

By Sean Tremblath

The day he turned 76, Ted Rowan took up track and field.

It was July 30, 2000. Rowan had heard about masters athletics and thought he might be interested.

It didn't go very well.

"I went out to the park and measured out 100 metres. I ran as fast as I could and immediately pulled a quad muscle. I was on the shelf about three weeks," he remembers, laughing.

He could have quit. Instead he dug in and launched a career that now has him named in the Canadian record books 15 times. He competes in the multi-event competitions pentathlon, heptathlon, decathlon. He has to train in all facets of athletics.

Decades ago, Rowan was a star (sorta) amateur boxer. Now 81, he has no plan to slow down. He arranges his year around competitions, with trips to Wisconsin, St. Catharines and Lynn, France on the agenda.

In Saskatchewan meets, most of the field is much younger. But Rowan loves travelling to the masters meets full of others like him who don't let their year of birth define their activity level.

"I feel very comfortable at the national and international competitions. I'm full of yoke as my own age," he says.

Rowan grew up in Carleton Place, just east of Port Hope. It had a population of 30 in the 1910s, one of the small townships

backed out of the bush by pioneers. His father was a veteran of the First World War.

Rowan had to attend boarding high school in Carleton Place.

"It was a good deal," he says; there were more girls than boys. Rowan says he wasn't really a scrappy kid; some things were figured out with fists.

"You grew up in a country school, sometimes you went behind the barn or something like that," he says.

Those days, among kids, there

was honour. You drew a line as the ground and you were until the guy said he had enough."

In Carleton Place, he met Dave Dicker, a provincial light heavyweight boxing champion. Dicker took Rowan under his wing. They would train in heavy bags, punching bags of sorts. Rowan says Dicker was a father figure to him.

Boxing was a bigger deal back then. Rowan says they would travel to Regina or Yorkton or Weyburn and fight inside a raised ring surrounded by spectators.

I feel very comfortable at the national and international competitions full of yahoos my own age.  
—Rowan



A framed photo of Rowan boxing champion Ted Rowan when he was 19 is on the wall in his basement, which is also covered in posters, medals and certificates. For the records he is a double. PHOTOS BY MICHELLE REED

Rowan was always a small guy. He fought at 132 pounds but weighed around 110. He would often have to face men who were bigger because that's all there were. He would play it slow for the first few rounds waiting for a signal. Then, seeing as Rowan's corner would step the ground, and Rowan would explode on his opponent with a flurry of fists.

He boomed from ages 18 to 20. He says he had "about 60" fights. He knows for sure he only lost twice.

By 20, Rowan was living in Saskatoon, studying at the University of Saskatchewan, to be an accountant. Getting invited to try out for the Canadian Olympic team headed to the 1964 games in Australia was a turning point. Rowan wanted to compete, but had to think about the

other things in his life.

"I was already retiring and starving to death, and thinking about getting married, so at that time I packed it up," he says.

From then on, he focused on his career and his family. As his children and grandchildren grew, he helped out with their leading sports careers, driving them to practice and helping them train.

It wasn't until decades later that he found himself in the starting block.

It was slow going to begin with. When after the initial gasp-inducing experience in the park, he was breathing hard for his body. When the time came to start competing he was nervous. Twice he signed up for events and pulled out at the last minute.

Finally he made his way to K&N meadows for a meet. He was to compete in the 60 and 200 metre dashes. He was very worked up, and warmed up two times, he says, but his first race was a success. He ran well in his first 60, qualifying for the final the next day. The problem was the race had taken it out of him.

Continued on Page 6

To watch him compete is a show in itself. I think a bomb could drop behind him and he wouldn't know it was there.

—Margaret Tash



Ted Bowen shown here in his retirement sports hall of fame basement is a passionate competitor who vividly remembers the losses despite his massive success. HAINES PHOTO BY MICHELLE L. HARRIS

"We got back to the hotel that night and I couldn't walk. I told my wife we were going home," he says.

After that, I started being reasonable in how I approached it."

—

Bowen's basement is like a miniature sports hall of fame. Every wall is covered in framed pictures, posters, medals and certificates commemorating his accomplishments and those of his family and sports heroes.

He names three kids: the boxer Rocky Marciano, legendary for his toughness, the hockey player Mike Readley who showed a Saskatchewan boy can compete on the high net level, and Bob Adcox, the small-

town track athlete who represented Canada in the Olympics and whose name is synonymous with the sport in the province.

The space is also Bowen's personal gym. There's a treadmill and some martial equipment. The slugs of the room, with two rectangular spaces attached like an L, provide the perfect space for Bowen to practice his high jumping. He sets a mat up and keeps the frozen faces on the walls looking down.

He does a lot of training on his own. In the past decade, he has learned to adapt techniques to fit the realities of an 80-year-old body. He won't bend as far back as a young high jumper, for instance.

What he does have is speed.

"I found I had one gift, besides being stupid," he jokes. "I hadn't lost my quickness. It was ridiculous."

He attributes it to his smaller frame. Bigger athletes carry so much more weight through the years.

"If I was running as a 20- or 30-year-old, I would have been at the bottom of the pack. But as years go on, the good guys are coming down, and I'm more on a straight line," he says, noting his knees do deteriorate (after setting back on a graph).

Holard DeBussone is a friend and travelling partner of Bowen's. They often go together to the meets. Bowen's speed was the first thing DeBussone noticed.

"I'm 11 or 12 years older than him, and he's faster than me in the short stuff," DeBussone says.

Bowen's upper body strength is also good, keeping him competitive in the throwing events. He credits the long hours spent punching out bags as a youth.

Perhaps as important as his body is his competitive passion. Bowen remembers his losses vividly. As he runs through his career accomplishments, there's a sense of frustration at the ones that got away despite his massive successes.

"I'm hard on myself," he says. "He uses the Internet to track other runners' activities. He knows who he might face at meets in Japan, what

countries they are from and which events they excel at."

Bowen's competitive spirit shows itself in how he competes.

"Intense is probably the best word," says Margaret Tash, another record-holding master athlete from Saskatoon.

"To watch him compete is a show in itself. I think a bomb could drop behind him and he wouldn't know it was there. It's so intense what he's doing," she says.

Tash says Bowen's achievements inspire her.

"I don't know how he gets the energy to do what he does, to do 10 events," she says. (Continued on page 8)

I found I had one gift, besides being stupid. I hadn't lost my quickness. It was ridiculous.

—Rowan



Ted Rowan's basement walls are covered in photos, posters, medals and certificates commemorating his sports career and signifying all the records he has broken. Several of them are on his wall.



## PRE-SPRING SALE FOR HAPPY CAMPERS!!!

RV SITE PRICES HAVE BEEN  
**REDUCED BY  
\$10,000**

**NOW STARTING AT  
\$19,900**

*This FANTASTIC OFFER  
is the best time for  
you to get the  
BEST VALUE EVER!*

*VISIT US at the Sports and  
Leisure Show March 5-6!*

We have  
**SLASHED**  
our pricing to get  
you into your own  
RV SITE!

**Deep Woods**  
RV CAMPGROUND

**BART ZIMMER** **GARY JAKEMAN**  
306-321-4901 306-220-4993

**RE/MAX**  
SASKATOON

[www.wakawdeepwoodsrvcampground.ca](http://www.wakawdeepwoodsrvcampground.ca)

**THIS AD WILL BE SEEN BY  
MORE THAN 90,000 PEOPLE.  
IF JUST 50 OF THEM DONATED BLOOD,  
1 CAR ACCIDENT VICTIM COULD BE SAVED.**

**Saskatoon Blood Donor Clinic**  
**325 - 20th Street, East**  
(Corner of 4th Avenue & 20th Street)

**Monday** 4 pm - 8 pm  
**Tuesday** 6 am - 2 pm  
**Wednesday** 6 am - Noon

**Thursday** Noon - 8 pm  
**Friday** 6 am - Noon  
**Saturday** 9 am - 1 pm

**To book an appointment:**

**online:** [www.blood.ca](http://www.blood.ca)  
**phone:** 1 888 2 DONATE (1-888-236-6263)

Proudly Sponsored By  
**The StarPhoenix**

  
**Canadian Blood Services**  
it's in you to give

**1 888 2 DONATE**

# 50

**% off**  
Select Hearing Aids

Prices Starting  
at \$395!

Limited Time  
Offer

Premium  
Technology  
Included!!!

**Risk Free - 100% Money Back Guarantee**



Wall St. Medical Building  
235-140 Wall Street  
306 665 3443

Mail at Lawson Heights  
44-134 Primrose Dr  
306 382 5733



To learn more about hearing,  
hearing loss and tinnitus, visit  
[www.experthearing.com](http://www.experthearing.com)

**Expert Hearing**

I'm 11 or 12 years older than him, and he's faster  
than me in the short stuff.  
—Roland Delormeau



The local athletic community thanks rightly a/track/athletes. In a/lowan. BRIGHT PHOTO BY MICHELLE BING

"I have seen him run the 1,000 metres at the end of the decathlon, and you just think he's going to lay down and die, but he keeps going."

Despite his intensity on meet day, Delormeau's demeanor off the track is very different. Delormeau describes him as "low key."

Toch actually competed for Canada in the Olympics that Delormeau had to decline the berth from his, something they like to talk about, she

says.

She, her husband and everyone else around the competitions have a very high opinion of Delormeau, both for his accomplishments and personality.

"He is a delight to everybody. We almost think the world of him."

[delormeau@thesportsjournal.com](mailto:delormeau@thesportsjournal.com)  
Twitter: @rolanddelormeau



# IN THE CITY

# FEBRUARY 12, 2015 - 12:47 P.M.

## Gung Hay Fat Choy



Nine-year-old Lorraine Wang is performing a Chinese lion dance routine at the Heritage Chinese Language School in a Chinese New Year celebration at Green Valley College. (Photo by Lorraine Wang)

# ON THE SCENE

## # I LOVE ROCK 'N' ROLL DANCE

Kids as young as three get down and boogie at the I Love Rock 'n' Roll Dance on Feb. 12 at the Maximo Hall. The "Valentine's Day-themed event featured music by DJ Charly Huddle along with pizza, games, prizes and a free photo booth. The dance, attended by 115 couples, raised over \$600 for Girls Rock Camp Saskatoon, a volunteer-based organization. The camp is a week-long summer program where girls learn an instrument, form a band and write a song to be performed at a showcase at the end of the week. Campers also take workshops that encourage creativity and confidence-building, like screenwriting, image and identity and self-defense. Application details for the 2013 camp will be posted at [www.girlsrockcampsaskatoon.ca](http://www.girlsrockcampsaskatoon.ca).

BRIDGES PHOTOS BY MICHELLE BERG

1. Jude Schock
2. Ren and Thomas Lamore
3. Kristine Taborson and her son Steven
4. Julie Yack dances to DJ Charly Huddle's records
5. Richard Korney, Max Fenu, Polo Fenu, Abigail Korney Luss
6. Sydney Marshall
7. Rory and Heidi Stickler dance
8. Virely Jude, Georgia and Melodie Schock



# OTS



6. Elie  
Hyndrygin

10. Cass  
Remble  
Madison Winslow  
Gray Sane and  
Tessa Winslow

11. Aaron Sinclair  
Florence Sinclair and  
Mila Malinovich

12. Lindsey  
Adams and Alana  
Whalen



## GOVERNMENT OF SASKATCHEWAN PROCLAIMS APPROVED PRIVATE SERVICE HOME WEEK FEBRUARY 15-21, 2015

"Approved Home Providers and their families provide supported accommodations for residents with cognitive, mental health or physical disabilities. Setting the dates for Approved Private Service Home Week around Family Day reinforces that home providers and their family members care for their residents enabling them to reside in home-like settings in communities as long as they are able.

The support Saskatchewan Approved Private Homes Inc. (SAPH) provides to both individual home providers and to government in meeting the needs of vulnerable Saskatchewan citizens is deeply appreciated. We are happy to recognize the work of SAPH and Approved Home Providers across the province through this proclamation."

Sincerely,

Dustin Duncan,  
Minister of Health

Donna Harpauer,  
Minister of Social Services

"Saskatchewan Approved Private Homes Inc. is honoured that the government of Saskatchewan is celebrating the contribution Approved Private Service Home providers and their families have made in the lives of many of Saskatchewan's most vulnerable citizens. SAPH Inc. thanks all of our families, neighbours, the government and our community partners for working together to provide high quality, affordable supported accommodation to those in need. Including all of the residents of our province as valuable, contributing citizens builds healthier, stronger communities for all," says Iris Miller Dennis, Executive Director SAPH Inc.



*"Providing Family Homes for People  
with disabilities"*

## RECIPES

## # SALMON AND GREENS

## A potent pick-me-up meal for winter

That nutritious meal could be just the thing to help lift you out of the winter doldrums. It is designed food on multiple levels.

First, you'll be comforted by how easy and fast it is to prepare, taking roughly a half-hour to get on the table. Second, the taste of the richly satisfying salmon and hearty greens taking on an unusually spicy toasty sauce will perk you up with one forkful. Third, once you have enjoyed your meal, this dish could continue to uplift you internally, because the ingredients in it are tap sources of several mood-lifting nutrients.

Salmon ranks high on the list of nutrient-rich and spirit-lifting foods, thanks to its wealth of omega-3 fat, vitamin D and protein. Kale also has omega-3s as well as many B vitamins that are linked with mood.

So try this recipe for its wonderful taste, but you can also take pleasure in knowing it's serving you in more ways than one.

### Baked Salmon and Kale in Moroccan-Spiced Tomato Sauce

4 services

Make ahead: The components can be assembled and refrigerated, tightly covered with aluminum foil, up to one day in advance. To bake straight from the refrigerator, add five to 10 minutes to the cook time.

#### INCIDENTS

- 2 tbsp olive oil  
 4 cloves garlic, minced  
 1/4 lb or canned, no-salt-added short  
 pasta, such as shell pasta  
 1/2 lb or canned, no-salt-added tomato  
 sauce  
 1 tsp ground cumin  
 3/4 tsp kosher salt  
 1/2 tsp freshly ground black pepper  
 1/2 tsp ground ginger  
 1/2 tsp ground coriander  
 1/2 tsp ground turmeric  
 1/4 tsp crushed red pepper flakes  
 1 bunch kale, thick stems re-  
 moved and discarded, leaves chopped  
 (about 2 cups)

A close-up photograph of a plate of food. The plate is light blue with a decorative, scalloped edge. It contains several pieces of cooked chicken, which appear to be covered in a reddish-orange sauce or seasoning. The chicken is mixed with dark green, leafy vegetables, possibly spinach or kale, which are also coated in the same reddish-orange sauce. A silver fork is visible on the left side of the plate, partially submerged in the food. The background is a plain, light-colored surface.

**Relish Salmon and Kale in Moroccan Spiced Tomato Sauce** is a super-tasty, fatty and packed with mood-boosting nutrients. It's an oil-free recipe that's as healthy as it is delicious.

4. 4-oxo nerve-cut skunkfish salmon fillets

**METHOD:**  
Preheat oven to 350 F (175 C). Heat a 9-by-13-in. (23-cm-by-33-cm) baking dish at hand.

**Heat oil.** Heat the oil in a large skillet over medium-low heat.

Add ingredients. Stir in the pasta.  
Cook for about 5 minutes, until

has softened, then add the dried tomatoes with their juices, the tomato sauce, butter, 1/2 tsp of the salt, 1/4 tsp of the pepper, the ginger, curried cinnamon and crushed red pepper flakes.

**Increase Heat.** Increase the heat to medium-high. Once the mixture comes to a boil, reduce the heat to medium-low and cook for about 15 minutes, stirring occasionally to form a slightly thickened sauce.

*Place kale. Arrange the kale evenly on the baking dish.*

**Season Fish.** Season the fish fillet with the remaining 1/4 tsp each of salt and pepper, and place on top of the kale.

**Sauce:** Pour the sauce over the salmon, and the kale that is not covered by the fish. Cover tightly with aluminum foil.

**Boil.** Boil for about 12 minutes until the fish is nearly cooked through and the kale has wilted. Uncover and boil for 5 minutes.

**Score:** Place a fillet on each plate, space about 1 cup of sauce and show one quarter of the knife alongside. Serve right away.

—Ellen Seery: The Walsingham Post

## #ASK ELLIE

## Let your ex-husband know if he hurts your daughter

**Q.** My ex-husband is re-married and his wife doesn't like our daughter, whom I do. She stays almost silent when they're all together, or doesn't join them when he takes our daughter out.

It's not her taking our daughter to school or before.

I've heard from mutual friends that she's trying to get pregnant. I fear she'll push my daughter right out of their life if she were successful.

Can, on occasion, rebuke a father-daughter relationship?

## Rita Coles First

**A.** Unfortunately, it's not likely that she'll let her husband take direction from you.

But he should be made aware of how his distancing is affecting his daughter. Let him know if she's hurt or anxious him next time he picks her up so he can then talk to her on his own.

Don't make what you suspect, if he has another child — or you if you have one too far and lose the chance to help your daughter.

Keep in contact. She loves him and

needs his interest in her. It's crucial to her growing up with confidence in herself and in her relationships with all males.

**Q.** I'd like to improve my relationship with my mother. I'm female 36, in a good relationship, but she's worried that I'm with the wrong man, and if I don't know an old girl like her to use to have a chance with someone new.

I'm happy with this guy and I'm not in a panic about my biological clock.

I asked her to back off and she was devastated. Now she wants for me to call her because she "can't trust that I'll be honest" if she gets me to a bad mood.

## Mona Lisa Dearest

**A.** You can't keep your mother from everything about you, but you CAN change your mother. Mothers rarely accept that.

We also can't change her long-held opinions — e.g., the need for your starting a family soon — but you CAN change your response.

Try: "Thanks, Mom, I know you

won't tell, PE talk to my doctor about it."

You say not change her perceptions, but sometimes mothers do have greater experience and wisdom.

Ask her open-ended what worries her about this man. Say you'll look at

## Ask Ellie



that side of him more closely. Mean it.

If you still love and trust him, reassure her about why and change the topic.

**Q.** My wife and I are in the process of divorcing. It's strongly affected our son, age 10, who's acting out and angry all the time.

I know the marriage is gone but we

need to be able to have a relationship for just custody parenting.

But she won't go to counseling with me because she thinks I want to get the marriage going again.

**A.** Your son's the issue, so the counseling that you all need is with a specialist in children's issues around family breakup.

Once you focus on your wife's needs — even — she'll see that the counseling's necessary to help him with school and counseling as well as with you two.

You'll both learn that his anger and acting out are fully normal under the circumstances, and that your "joint" parenting job is to help him manage his emotions and not lose control where if it gets him into serious trouble.

When you talk about the two of you having counseling (to help her understand that it's about re-connecting).

In this case, it's not. And you, also need to truly accept that.

**Q.** My best friends a huge attraction

seems! She's has to be with us on her own and has a good heart. If you're sick or in trouble, she's there for you.

But not in public, she takes over every move. She talks incessantly like she knows everything being discussed. Even makes things up, and doesn't give anyone else a chance in the conversation. After being out with her, I sometimes never want to see her again!

## Enough

**A.** Weigh the options. If you drag her, will you lose someone who's most caring about you? Or is her attention making intolerable?

Get down on your out-with-her together, but stay in touch through email and phone calls.

Send her supportive you, that deserves some support back. Find a private time to tell her — but after an eating together — that she does need to the point of excluding every one else.

The added message from getting together loss should help her see the logic.

City of Saskatoon **GROWING** Forward

## A 35th Street Bridge in Saskatoon?

Join us on your tv screen at [www.growingsaskatoon.ca](http://www.growingsaskatoon.ca) from February 25 to March 11 to provide your views on the proposed Growth Plan in West 4th Avenue including long-term vision and implementation priorities for:

- A new transit system with the Rapid Transit (RT),
- A new transit station at 35th Street and RT lines on the University of Saskatchewan,
- A new transit station on 35th Street and along along the major corridors.



## Have your say!

Mark David / Growth Plan Forward Discussion

February, March 8, 2015

2015 Plaza / 35th Street East

Discussions: 5:00 p.m. to 7:00 p.m.

Evening Session: 5:00 p.m. to 7:00 p.m.

Growth Plan Council Presentation

Thursday, March 18, 2015

Local: 10:00 a.m. to 12:00 p.m.

5:00 p.m. to 7:00 p.m.

Online Survey

February 25 to March 11, 2015

[www.growingsaskatoon.ca](http://www.growingsaskatoon.ca)

Learn more about the City of Saskatoon's Growth Plan at [www.growingsaskatoon.ca](http://www.growingsaskatoon.ca)

The Saskatoon Symphony Orchestra Presents

**Simon & Garfunkel**  
**Feelin' Groovy - Starring Jim Whittier, The 60's, and the music of Simon and Garfunkel**

Saturday, February 21

Admission: \$10

COUPRAIRE

VOICE

©2015 Saskatoon Symphony Orchestra

Tickets: • 306-918-7799 • [ticketsask.ca](http://ticketsask.ca)

Nuts About Nature  
At Beaver Creek Conservation Area

He kids! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.



Dear Chip,

What do honeybees do during the winter? I hope they don't all freeze!

Mark

Dear Marc,

I am happy to report that honeybees don't all freeze during the winter. So don't be such a buzz-kill! Honeybees have a variety of useful tricks that allow them to stay warm during our cold winters. First off, the worker bees prepare for winter by storing up on their favorite energy-rich food: honey. Secondly, during the winter the 10,000 worker bees will have a big cuddling party by forming a tight cluster around the queen to reduce the amount of air flow in between them. Finally, it might sound a little odd, but the worker bees will keep their colony warm by becoming a big body-temperature furnace! They do this by vibrating their flight muscles to raise their body temperatures. When thousands of worker bees do this they can increase the temperature of their colony to +30°C when it is +0°C outside! Humans do this too by shivering which heats up their body body temperature on cold days. Come and learn more about honeybees at the Meewasin Valley Centre which has a bee exhibit for the month of February.

Send your questions to me at the address below, then watch Bridges for the answers!

Your pal, Chip

Andrew Lachlan Andrew Daulton  
401 West Avenue 2010  
Saskatoon, Saskatchewan S7N 3G5  
Phone: 306-975-1111  
Email: [chip@meewasin.ca](mailto:chip@meewasin.ca)



Meewasin



## FASHION

What's your favourite winter look?  
Send a note to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # SASKATCHEWAN FASHION

## An outerwear skirt to keep the winter chills away

By Jenn Sharp

Winter tested everyone this year, speckling us with holiday treps far west of December and January to a bare as soon as (until February) that it was almost easy to forget about needing really warm clothes.

Paola Chiste knows all about staying warm in the coldest months. She dresses in layers for her 35-minute walk to work at the University of Saskatchewan, and says the key piece of her winter wardrobe is a wool skirt. So warm is the skirt that she bought one for her daughter, Lena Veeman, too.

The outerwear-fabric wool skirt is loved so it doesn't stick to pants. It's designed and manufactured in Saskatoon.

Designer Elizabeth Stock says lots of men have asked her to make something for them, and while she hasn't figured out what might work yet, one man has purchased a skirt to keep himself warm.

[bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)  
Twitter: @jennsharp



## TODAY'S OUTFITS

## LENA VEEMAN (DAUGHTER)

1. HAT: Made by her grandma
2. JACKET: The Gap
3. MITTS: The Greenwood Centre (made Broadway Shoe Repair in Saskatoon)
4. WINTER SKIRT: Lisa from Brampton. "It has a 'let's go' waist. It's a wrap-style skirt so you can put it on easily and over top of your pants," says Chiste.

## PAOLA CHISTE (MOM)

5. HAT: "The wool is from a farm outside of Aberdeen and was created by my mom."
6. JACKET: Outer Limits
7. GLOVES: I Crawl
8. WINTER SKIRT: Lisa from Brampton. "I walk to work every day... and even though I have a really good parka, I still notice a difference if I don't wear the skirt. It keeps me really warm. It's a fashionable and easy to put on. I've tried the longer underwear — it's a pain to take off at work and if you bend it on you're super hot. This looks nice, too. I get compliments all the time."
9. BOOTS: Brampton

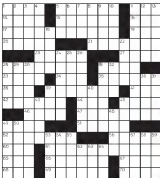


## #CROSSWORD

## NEW YORK TIMES Edited by Will Shortz

## ACROSS

- 1 Box office dud  
5 Court report  
7 Lured in to lure  
14 Roll call no show  
18 Salvation Army donation receipt  
19 Cause for the holiday of Lent  
27 100-year-old drink  
29 Happy how for short  
30 Card  
32 Game, tie to  
33 "Alibi" writer  
37 Yards to a fathom  
38 At the limit, as a credit card  
39 Lie on what beach  
43 Bond with the 1957 to perform about "Rock"  
44 World Cup chess  
45 Hole birds  
48 Fish that might accompany a salmon  
49 Four personalities?  
51 Word before chess or algebra  
52 Infatuate  
54 American \_\_\_\_  
55 American \_\_\_\_  
56 Expect, as no concern  
57 How can steps be saved?



PUZZLE BY SALES DUNDAS

## DOWN

- 1 Island named by both Aristotle and Pausanias  
2 Million of "Bambi & Judy" (1957)  
3 NYC cultural center  
4 Literary Swedish models  
5 Cousin of calypso  
6 Superhero  
7 Relative State native  
8 Party politics  
9 Hello-hello  
10 Dad's best friend  
11 Strict royal daughter  
12 Bit of cash in kitchen  
13 "Hick"  
14 Day closure

- 22 Site for online collaboration  
24 Acronym  
25 In the days of \_\_\_\_ last night  
26 Home electronics item  
28 Malware Games  
29 Game, tie to  
30 30-something release?  
31 Golden Archer Day  
32 Symbol's "No" word  
33 Free living org  
37 Pro vaccine  
39 Believe \_\_\_\_  
40 Characterized as anti-thing?

- 43 Book's cry  
44 Book of literature  
46 Trailer looped in 1979  
48 L.L. Bean competitor  
50 Committee of Greek and Irish  
53 Secret that may have a "nerd" suffix  
54 Zero-star fare  
55 Ruffian with children  
57 Rabbit  
58 Other's lip  
59 Common reply to "When do you want to go?"  
60 Piano tuner's about  
63 H. H. "Hollywood"  
64 Celebrity's call

## # JANRIC CLASSIC SUDOKU

## Level: Silver

All in the blank cells: central numbers 10-9. Each number can appear only once in each row, column and 3x3 sub-grid. Use logic and arithmetic to determine the puzzle.

The difficulty level: Anger (from kinder) (puzzle) to Silver to Gold (hardest)



Sudoku is the crossword puzzle of the Sudoku genre. See page 23.



## Here to Help

Marissa Wesolowski  
Artist in Residence

Thank you, Marissa Wesolowski for encouraging patient and family healing through creative expression at St. Paul's Hospital. Art is a powerful way to foster emotional, social and psychological well-being and it is part of our holistic approach to care.

**St. Paul's Hospital**

A community of health, hope and compassion for all



Fostering the healing arts since 2005

1002 20th Street W Saskatoon, SK - S7N 0Z9 - (306) 655-9000 - [www.stpaulshospital.org](http://www.stpaulshospital.org)

## EVENTS

What you need to know to plan your week.  
Send events to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # MUSIC

Wed., Feb. 13

**Big Dave McLean**  
Buds on Broadway,  
817 Broadway Ave.

**Doobie Series: James  
Keenaghan Trio**  
The Basement,  
204 Fourth Ave. N.

**Ash Brunwald w/ Pecos  
Post and the Hip-Hop Hip-  
ples and Puncy Bird Trio**  
Vampiro Tavern,  
801 Broadway Ave.

Thurs., Feb. 14

**Melvin Head Freight Train**  
Cordiers Restaurant &  
Lounge,  
1-327 Pinehouse Dr.

**Big Dave McLean**  
Buds on Broadway,  
817 Broadway Ave.

**Tom Cochran w/ Ted Silver**  
Ponderosa Park,  
503 South St. W.

**Black Will Brakes w/  
Memphis May Pie and  
Gloria Town**  
O'Brien's Event Center,  
241 Second Ave. S.

**Headline w/  
The Northern Light**  
Vampiro Tavern,  
801 Broadway Ave.

**Student Night:**  
Charly Hustle  
Capitol Music Club,  
304 First Ave. SE

**The Roadside**  
Flann MacCabe's,  
353 Second Ave. S.

**John Anderson**  
Duke's Dances Casino,  
204 Dakota Dance Way  
Wintaco



Tom Cochran will play at Ponderosa Park on Feb. 14

Fri., Feb. 20

**Big Dave McLean**  
Buds on Broadway,  
817 Broadway Ave.

**Phono Friday:**  
Morton Mendelsohn  
Rosa Series: Wilma

**Greenhead**  
The Basement,  
204 Fourth Ave. N.

**4-Front**  
Army & Navy Club,  
235 First Ave. SE

**Iron Mountains Trio**  
Marilyn Robinson,  
3130 Eighth St. E.

**3 Peak + One**  
Toon Town Tavern,  
3330 Fairlight Dr.

**Leon Goto**  
Fairfield Senior Center  
Centre,  
933 Fairview Ct.

**Black Bread w/ The Wilder-  
ness of Mind**  
Amigos Cantina,  
6324th St. E.

**Good Enough w/ Sex  
Preacher**  
Vampiro Tavern,  
801 Broadway Ave.

**Black Ridge Country**  
Starr's Place,  
109-113 South St. E.

**Predic & The Kermans**  
Pizzys Pub and Grill,  
1000 Skyway Dr. N.

**Thin Being 3334**  
San Tomas Cafe,  
225 Second Ave. S.

Sat., Feb. 21

**Big Dave McLean**  
Buds on Broadway,  
817 Broadway Ave.

**Phono Saturday: Morton  
Robinson**  
Jazz Singer Series:  
Jaclyn Smith w/  
The Mesquite Dunes  
Orchestra  
The Basement,  
204 Fourth Ave. N.

**4-Front**  
Army & Navy Club,  
359 First Ave. N.

**Lady Wanda**  
Mortie Leppin,  
3021 Louise St.

**Phono**  
Greenwood Location,  
646 Spadine Cross St.

**One More Troubadour**  
Marilyn Robinson,  
3130 Eighth St. E.



MICHELLE,  
OWNER

**KOALA CUSTOM  
SLIPCOVERS**  
**306-249-3608**  
[koalacustom.com](http://koalacustom.com)





## EVENTS

O'Brien & The Verb present  
693 House Party: Bongoras  
w/ Milky Dubs, Bobby Toiles  
and Glisswell  
O'Brien Event Centre,  
361 Second Ave. S.

We Were Lovers w/  
Condition One  
Angeles Centre,  
43200th St. E.  
Agony Spoken w/  
Sadless Chace and Ancient  
Discrepancy  
Vancouver Tavern,  
801 Broadway Ave.

Classic Rock Bonks  
Single Handed (Alan Achel)  
Mayfair United Church,  
902 34th St. W.

Black Rock County  
Sawtooth Place,  
146-160 Ruth St. E.

Freddie & The Axeman  
Playa's Pub and Grill,  
1403 Highway Dr. N.

Bar, Feb. 22

Acoustic Jam  
Big Dave Malcom  
Eds on Broadway,  
817 Broadway Ave.

Metal Night: In Dub, A Ghent  
in Drag and Masturbation Vibe  
Capital Music Club,  
344 First Ave. N.

Hundred Sunday: New Jew-  
elstein Club, Citiviva Bar, and  
theBoulevard and The Temples  
Rock Bottom,  
838 Broadway Ave.

Mon., Feb. 23

Tribe Tapes  
w/ Wapok of the North  
Surrey Theatre,  
710 Broadway Ave.

Dusty Roads Band  
Eds on Broadway,  
817 Broadway Ave.



Snowy Mounts Phosphate Lake by BAC. On display at the Scotiabank Art Centre in downtown.

Stars w/ Hag Boettke  
O'Brien Event Centre,  
361 Second Ave. S.

Tues., Feb. 24

Dusty Roads Band  
Sawtooth Place,  
817 Broadway Ave.

## #ART

**Mendel Art Gallery**  
Until March 23 at 950 So-  
phia Ave. K. New winter ex-  
hibitions include *Deep Woods*  
by Wang from Afghanistan,  
*Deep Woods* by Wang from Afghanistan,  
*Deep Woods* by Wang from Afghanistan,  
and *Deep Woods* by Wang from Afghanistan.

**Wendel Art Gallery**  
Until March 23 at 950 So-  
phia Ave. K. New winter ex-  
hibitions include *Deep Woods*  
by Wang from Afghanistan,  
*Deep Woods* by Wang from Afghanistan,  
*Deep Woods* by Wang from Afghanistan,

**Alfalfa Gallery**  
Until Feb. 21 at 813 Broadway  
Ave. Our Prairie in Fibre. A

collection of fibre art from  
women across Alberta, Sas-  
katchewan and Manitoba.

**Humboldt and District  
Museum and Gallery**  
Until Feb. 21 at 601 Main St.  
in Humboldt. *Land of Living  
Skins*, an OSAC Arts on the  
Move exhibit. Contrast, a Lo-  
cal Perspective exhibit by the  
Saskatoon Porters Guild, runs  
until March 27.

**Station Art Centre,  
Eastham**  
Until Feb. 28 at 101 Railway  
Ave. in Eastham. *Repetition*,  
a series of works by John Perist.  
The *Wastelands* by B. A. Conly  
and photographs by Ray Con-  
ly. Meet-the-Artists reception  
Feb. 28, 2:30 a.m.

**Eye Gallery**  
Until March 20 at 101-132  
College Dr. *Centile Ground*,  
photographs by John Perist.  
Reception Feb. 21, 2 p.m. to 4  
p.m.

**Repetition Fine Art**  
Until March 28 on the eighth  
floor of the Saskatchewan Inter-  
modal Transit Centre sculpture  
and acrylic paintings by Adri-

an Galloway and contemporary  
art paintings of landscapes  
and animals by Dean and Don  
Frasco. Reception Feb. 21, 1  
p.m. to 5 p.m.

**The Gallery at Frances  
Monten Calender Library**  
Until Feb. 28 at 371 23rd St. E.  
Hair Story by the Local History  
Department (SLH). A consor-  
tium of photographs of Sas-  
katchewan's early furber shops and  
beaver partners.

**Paved Arts**  
Until Feb. 21 at 8 a.m., at 434  
20th St. W. *Good Good Good*  
by Ed Jensen.

**Hues Art Society**  
Until Feb. 28 at 1815 Lorne  
Ave. Artwork by Roger  
Holtzman.

**Art in the Centre**  
Until Feb. 28 at Perimeter Cen-  
tre, 110 Grupper Cres. Works  
by the Eastham Art Group.

**STM Gallery**  
Until Feb. 28 at St. Thomas  
Major College, 1001 College  
Dr. *IMPRESS* by University of  
Saskatchewan Intermediate  
Printmaking Students.

**Linked Valley Collapses**  
Until Feb. 28 along the Har-  
bourfront from the Newmarket  
Valley Centre to the Mendel  
Art Gallery. An installation by  
the three Ray Menzies Martin  
with support from Sask Trans  
media.

**Saskatoon City Hospital  
Art in the Edge**  
Until Feb. 28 on the south floor  
of the Atrium at Saskatoon  
City Hospital. Watercolour  
Landscapes by Patricia L.  
Clarke and contemporary  
landscape acrylic paintings by  
Marlene Hamel. New Direc-  
tions runs through February.  
Recent acrylic paintings by  
Michael J. Martin.

**Prarie Star Gallery**  
Until March 1 at 106 Eighth St.  
E. *GOLD* by Michael Hamada.

**Dorell Bell Gallery**  
Until March 1 at 405-105 23rd  
St. E. New works by gallery  
artists. Includes John Hamada,  
Dorell Bell, Victor Galloway,  
Marc Montemarche, Joe Fi-  
fard, Kyle Hennes, Jefferson  
Lefebvre, Zachary Lunn, Adrian  
Stinson and David Theberge.  
An opening is a new selection  
of textiles by Margaret Lindsay.

**The Gallery at Phipps Centre**  
Until March 6 at 238 Third  
Ave. S. *Tranquility* by Lorne  
Graham. A recent series of  
still-life drawings.

**SCVP Art Gallery**  
Until March 6 at 238 Third  
Ave. S. From *Tranquility* to  
Exposition by Emma Kallapan.

**Handmade House Showcase**  
Until March 21 at 710 Broad-  
way Ave. *Something a Fly*,  
a themed exhibition of works  
produced by the working  
members of Handmade  
House.

**Humboldt and District  
Museum and Gallery**  
Until March 21 at 601 Main St.,

in Humboldt. *Contrast, a Local  
Perspective* exhibit by the  
Saskatoon Porters Guild.

**Racing Fine Art**  
Until March 31 on the eighth  
floor of the Saskatchewan Hotel.  
Modern linear sculpture  
and acrylic paintings by Adri-  
an Galloway and contemporary  
oil paintings of landscapes  
and animals by Dean and Don  
Frasco.

**We learn Development  
Museum**  
Through April 2015 at 2610  
Lorne Ave. *Big Bird Travelling  
Exhibits* in partnership  
with the Royal Saskatchewan  
Museum. A 50 million-year-old  
crocodile skeleton brought  
back to life through 3D imag-  
ing.

## #FAMILY

**Stag and Play**  
Tuesdays, Wednesdays  
and Thursdays, 9:15 a.m.  
to 10:15 a.m., through April. For  
children up to age five. Semi-  
structured, crafts, snacks,  
story time, songs and activities.  
Email [stagnplay@stagnplay.com](mailto:stagnplay@stagnplay.com)  
for details or visit the  
Facebook page.

**LLLO Saskatoon Daytime  
Series Meeting**  
The 11th Wednesday of the  
month through April, 9:30  
a.m., at InnerUrban Anglican  
Church, 609 Dufferin Ave.  
All women interested in  
breastfeeding are welcome.  
Call 306-655-4405 or email  
[lllosaskatoon@lllo.com](mailto:lllosaskatoon@lllo.com).

**Stars and Strollers**  
Wednesdays, 1 p.m. to 1:45  
p.m. in the Centre  
Cinema in the Centre  
Choice of two movies each  
week. A baby-friendly envi-  
ronment with lowered seats,  
dimmed lighting, a changing  
table and stroller parking in  
select theatres.





# OUTSIDE THE LINES

## # Colouring contest

Each week, Stephanie McKee creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to [bridget@thestaffcourier.com](mailto:bridget@thestaffcourier.com). One winner will be chosen each week. Please send entries by Monday at 9 a.m.



Last week's contest winner is  
Gerson Kulierski.  
Thanks to everyone who  
submitted entries!

For the **TOYS**  
you've always wanted



Unique toys, party supplies,  
and balloon designing in-store!

ORDER TOYS ONLINE AT [GIGGLEFACTORY.CA](http://GIGGLEFACTORY.CA)

Come visit us at 150-1824 McCornick Drive  
Or phone 306-975-9630



# GARDENING

## #SEASONAL GARDEN

# The hidden splendours of the winter garden

By Erl Svendsen

People seldom think of the winter landscape beyond the snow, bare frost-covered and cold. But there's much in the plant world to appreciate at this time of year. It was a friend of mine, Nils, who reminded me of this.

"We often buy plants for their summer leaf or flower appearances but that can only be appreciated seven months of the year at most," she said.

She included a newspaper clipping from her local newspaper about how trees and shrub bark adds a new dimension to your garden.

From my time on the West Coast, I remember the *Arbutus menziesii* with their year-round coppery peeling bark. On the Pacific, we have some show stoppers of our own, like the *Amur shadblow* (*Prunus amurica*). In early spring, it is covered in the great creamy white blossoms and in the fall, it attracts birds with its small black cherries. But throughout the year, it has bright coppery bark. Then there's the white birch (*Betula papyrifera*) with its white bark.

While most other trees have brown or grey bark, they all have an interesting texture like furrows that form a diamond patterned lattice over the trunk, smooth ridges or grey bark, knots and deep grooves. A willow planted, hard to find but hardly true, the *Amur cork tree* (*Ohlaidendron amurense*) has soft, corky young ridged bark. Take a look on the north side of a mature tree and you will discover a colorful network of tubercles and nodes.

Interesting bark is not just limited to deciduous trees. As a child, I would make my way under the canopy of pine (*Pinus* spp.) and peel off the surface bark chips to reveal the rubbery brown of tarred-barked bark. Jack and Scots pine (*P. banksiana* and *P. sylvestris*) are naturally tan-colored and easily shed their bark chips.



There's much to appreciate in the plant world at this time of year. See these winter flowers. PHOTO COURTESY AND ILLUSTRATION

For trees (*Alnus* spp.) have smooth, silvery bark that shines through the foliage.

There are also many shrubs that lend their bark to the landscape appeal. Red osier dogwood (*Osagea sericea*), also Siberian dogwood, *C. alba*) has been selected for many features. Its leaf colour (yellow, orange, purple, blue etc.) and plant use, but it is its bark colour that gives and under dogwood its name. One cultivar, *Cornus* (*C. alba*), has especially attractive, bright coral-pink stems. Recently, yellow twig dogwood (*C. sericea*

*flavescens* and *C. sericea* 'Lutea') has gleaming canary yellow stems.

Tip: It is only the young growth that displays its brightly in late winter/early spring. So in the early spring, before leaf-out, either remove the oldest, dulled branches (no more than a third each year) or every three years, cut the entire shrub down to 30 cm.

Other shrubs have striped branches (variegated burning bush, *Ruscus aculeatus*), shaggy bark (*Hamamelis*, *Lonicera* spp.) star-bark (*Physocarpus opulifolius*) and twisted branches (Hairy Landshark

with thick *Corylus avellana* 'Coccinea' — horticulture hardy).

Make sure to try in her letter that the news clipping "Reminded me about the 'winter flowers' I used to look at home when I was little." As she learned more about plants she discovered they were only the dead remnants of fall-blooming wildflowers — gold-colored perennials over perennials and smooth water.

"But, the memory is just as beautiful."

These "dead remnants" are more alive than one might expect. They continue the search for nesting sites,

attract birds and other animals and add interest to a winter garden. Take a look at your own garden and you'll discover your own "winter flowers" such as modern black roses, seed heads waving over the snow from your ornamental grasses, dried hydrangea flower clusters and much, much more.

This article is published courtesy of the author's home (Pinnell) Society (www.pinnellsociety.com). Check out our bulletin board to understand the gardening garden information resources. This is an open and friendly community. Please be a good neighbor. —A happy garden. The Pinnell Society.

# SHARP EATS

## # LOCAL FOOD SCENE

# Regina Food Bank redistributes to all of Sask.

By Jenn Sharp

Thanks to the Regina Food Bank, excess produce from the Global Transportation Hub in that city is given to people all over the province.

The GTH, an island port authority, opened in 2007 and is home to several major grocery retailers' warehouses and distribution centres.

The retailers there, such as Lo Supermarkets, Sobeys Food Service, Sherwood Co-op, Canada Safeway and Sobeys, often have surplus product. A partnership with the Regina Food Bank means the extras don't end up in the landfill.

It's been a positive thing for Steve Compton, the food bank's CEO.

Getting the produce earlier in its life cycle means fresher food for clients in Regina, along with the 38 other food banks in the province.

"The quality of those donations is much, much higher. It's a really nice benefit for us that we're able to provide a lot fresher, higher quality product to the people that come in for support," he says.

The other benefit has been the large amount of non-food products, such as health and beauty items, cleaning supplies and household items. Manufacturers' discontinued, overabundant or seasonal items contribute to retailers donating less food items.

Canada's new national Co-op logo has been a lot about the amount of fresh produce and the improvement in quality.

"We're very fortunate. Those donations are key for us because it allows us to give better for you items in higher quantity and so-called things that may be packed and/or processed. It's nice to see that investment in the community."

The Regina Food Bank recently expanded their product redistribution program. The program supports over 200 agencies in Regina (western) and



Regina Food Bank CEO Steve Compton in the warehouse with tensaps of sorted produce and milk. REGINA PHOTO BY JENN SHARP

other, community schools, daycares, food programs and the network of provincial food banks.

"We're intercepting things before they become lost or end up in the waste stream and we're also repurposing them to individuals and agencies that can use them in their programs."

Compton's goal is to enable those agencies to provide support to areas the food bank can't reach. People who use the food bank sites aren't struggling in just one area of life—housing, employment and social factors all play a role.

"We use the phrase 'we're more the signpost than the driver' sometimes. There's other challenges they may be facing."

The Regina Food Bank has served as a central donation spot in the province for several years. Provincial donors, like Maple Leaf Foods

in Saskatchewan, make large donations from time to time. It's logistically easier to donate to one location. There's single storage in Regina's large warehouse, which was donated in 2005. The facility also distributes goods that come in from national donors.

A growing economy means many in Regina and Saskatchewan are facing challenges finding affordable, stable housing. The cost of living has increased and minimum wage isn't sufficient for many to make ends meet.

On an average month, the Regina Food Bank has 30,000 requests for services in Saskatchewan. The food bank provides emergency food to 13,000 people.

In Regina, that number represents a 44 per cent increase over where the service was in 2005, a number that Compton says is less

See a food trend you think deserves a highlight?  
Email [Bridges@thestarphoenix.com](mailto:Bridges@thestarphoenix.com)  
or visit Bridges on Facebook

## CRAFT BEER AND CHEESE FESTIVAL

WHAT: Saskatchewan's first craft beer cheese, sausage, appetizers and pasta five music by in with the Old and A Drum Tea Free a fundraiser for Heart Check Music Festival  
WHERE: Feb. 27, 2013 from 7 a.m. to 3 p.m.  
WHERE: Prairie Sun Brewery 2050

Quebec Ave.  
TICKETS: \$12, plates, call 306-343-7033 or buy at Prairie Sun Brewery



Prairie Sun Brewery is hosting a Craft Beer and Cheese Festival. REGINA PHOTO BY MICHELLE BOG

high."

"The individuals that come here might surprise you," says Compton. A recent study found that 69 per cent were in rental housing. There's also been an increase in single parent families and new Canadians.

"There is a lot of people coming through Saskatchewan for new opportunities and sometimes in that adjustment there is some supports that need to be offered."

A hungry economy doesn't always translate into success.

"We talk to people that have had some disruption in their personal life, their home, sudden illness or loss of employment, and find themselves needing some support in transition to work."

[jsharp@thestarphoenix.com](mailto:jsharp@thestarphoenix.com)  
Twitter.com/jsharp08

## # OSCAR-WORTHY SPREAD

## 10 simple tricks for an Academy-style event



This herb-crusted dish is easy to prepare. —MATTEN HEAT/THE ASSOCIATED PRESS

The problem with hosting an Oscars-viewing party is that the bar is set impossibly high. How does a main menu after food and drink on par with all that outrageous glimmer and celebrity?

Actually, it's pretty easy. Start by reminding yourself that names the loudest jewelry gurus and professional primping, most celebrities don't look or feel all that different than the rest of us. Or at least we can let ourselves that. Plus, making out on Oscar-worthy spread isn't all that hard particularly if you keep it simple.

Here's what you do: Blend to the green and grab a bunch of herbs — basil, parsley, dill, chives, maybe a couple really leaves of scallions. Now head to the dairy aisle and get a few cups of soft goat cheese and a couple halves of ricotta cheese. We've got delicious easy ideas for dressing those cheeses. All you have to do is assemble and set them out.

For make sure you follow the advice to let the cheese come to room temperature first. What foods — and particularly cheese — taste better closer to room temperature.

And since you'll need to toast the vitamins, we've also assembled five easy ways to turn to eat something new, mix-and-match cocktails.

Point, the food.

Just up a tub of ricotta or a cup of soft goat cheese using one of the following five topping ideas then serve with crackers, toasted baguette slices, pita chips or croutons.

## BICOCHIA OR GOAT CHEESE

Blert with 1 cup of ricotta or a 4-oz. log of soft goat cheese (chevre) Spoon or arrange the cheese on a platter and let it come to room temperature. Top with one of the following:

**Herbs:** Drizzle the cheese with 2 tbsp. extra virgin olive oil. Top with 1 tbsp. of any combination of the following chopped or torn fresh herbs — basil, tarragon, thyme, chives or parsley. Sprinkle with coarse salt and freshly ground black pepper.

**Scanned garlic butter:** In a small skillet, combine 3 cloves minced garlic and 3 tbsp. honey with a pinch of red pepper flakes. Cook over medium heat for 3 to 4 minutes. Stir in 1 tbsp. toasted sesame oil, then drizzle over the cheese. Sprinkle with toasted sesame seeds.

**Pig and almonds:** Heat 1/4 cup pig preserves with 1 tbsp. extra virgin olive oil until just warm. Spoon over the cheese, then sprinkle with toast drizzled almonds.

**Olives:** Top with 1/4 cup freshly chopped green olives. Top with 1 tbsp. finely chopped fresh rosemary, the grated zest of 1 orange and a drizzle of olive oil and balsamic glaze.

**Prosciutto jam:** Peel and dice a joint. Cook the joint, pour with 1/4 cup butter in a skillet until just tender. Spoon over the cheese. Cook 3 cloves of prosciutto in the same skillet until crisp. Break into shards and sprinkle over the prosciutto with black pepper.

And you can't have an Oscars-viewing party without a bit of sparkling wine. So here are five ideas for taking basic bubbles and making them Oscar-worthy.

## MIGITO

**Migito:** Lightly muddle a strip of lime zest and a fresh mint leaves in the bottom of a glass with 1/2 tsp. sugar. Add 1/2 tsp. three juices, then top with sparkling wine.

**Crushed:** Add an orange twist, 1/4 tsp. crushed raspberries and 1/2 oz. orange liqueur to a glass of sparkling wine.

**Asky:** Gently stir in 1/2 oz. root gingerbread juice and 1/2 ounce pomegranate juice.

**Alabard:** Add 1 oz. Bluberry Tonic Liqueur and a couple shards of rhubarb to a glass of sparkling wine.

**Sherry-banana:** Stir together 1/2 tsp. honey with 1 oz. bourbon until completely dissolved. Add 1/2 tsp. Agave and an orange twist. Top with sparkling wine.

—Allison Lattimore, The Associated Press

## WINE WORLD

## # CONO SUR BICICLETA PINOT NOIR

## Grasp today with a glass of Bicicleta

By James Romanow

One of the comforts of old age is discovering that you will get through it. In your teens and twenties you often think the world will end tonight, or tomorrow. After ten or twenty thousand days, you come to the conclusion the odds are on your side. The sun will rise, and water will end.

As you wait, patiently for such events to occur you may seek another source of happiness — the reliability of someone and someone's friends. If, for example, you aren't that fond of the 850 Burgundy you've embarked for you will want to gamble rather than next time.

Behind the burgundy label Cono Sur Bicicleta, owner of the label as organic, identified by the stamp on an off-white label. If the label is left blank white where one; some of the grapes cannot be certified as such.

My conversations with winemakers have convinced me that the most who can expect their grapes to be made perfect by the chemicals the most of the time.

The Cono Sur Bicicleta Pinot Noir is a perfect entry to the grape. It's vinified in New World style, with half the sugar fermented in the barrel and the rest in stainless steel. This preserves the wine's fruitiness and brightness.

It has an intense brassy nose — another by



product of the very gentle barreling — and that bright acidic palate reminiscent of fresh grapes. In short, it's an easy drinking wine that will let you explore the pleasures of its not near world, spending a small fortune on wines recent to age twenty years. Leave those tell your palate is older rather than more experienced, and grasp today with a glass of Bicicleta.

Cono Sur Bicicleta Pinot Noir 2008  
More wine in Monday's *Wine World* column along on *The New York Times*.

## Crossword/Sudoku answers

BOMB	SQUASH	PRE
AWOL	KETTLE	RUG
LEMONADE	EMIX	IPA
INANE	SPAWNED	
DEGAS	ICES	
MAXEDOUT	BAKE	
INX	OLF	IBISES
LOX	YDRUGS	SEA
ENRAGE	EM	TOOL
AMOR	ONAST	ICK
JUTE	SACHA	
CHINESE	ALCOA	
URN	XLTEESHIRTS	
ERG	POTATO	CARA
WAS	OPERAS	SWAP

3	8	5	2	1	4	7	9	6
7	1	2	5	6	9	8	4	3
4	9	6	3	7	8	1	5	2
1	5	3	6	9	2	4	7	8
8	7	9	4	3	1	6	2	5
6	2	4	7	8	5	9	3	1
9	3	8	1	2	7	5	6	4
5	6	1	9	4	3	2	8	7
2	4	7	8	5	6	3	1	9



EXCESS INVENTORY

# SALE

***This is THE Opportunity of 2015  
for a new furnace installed for***

**We are helping  
71 62 homeowners  
by "Giving Away" \$5,500  
furnaces for \$2,499 with  
purchase of off-Season Air**

# \$2499



**plus get a  
FREE  
GIFT  
valued at \$132**  
just for having an appointment  
with one of our comfort advisors.

Every year, the manufacturers of air conditioners and furnaces forecast how many to build. They are never right and often have additional inventory. Gregg's One Hour Heating and Air Conditioning negotiates with them for reduced pricing based on purchase by the truckload.

These are brand new models, NOT seconds or "blends" or standard "builder" models. They are factory-fresh, premium furnaces and air conditioners with a full factory warranty.\*

If your furnace is over 10 years old, you can replace your old and inefficient furnace and air conditioner as a package for less than you would pay any other time of the year.

**Call 306-500-1300 today.**

**A home comfort advisor will come out and measure your home and determine your perfect system.**

**Ask us about financing and Rentals**

**Act now! There are only 71 62 systems available!  
When they're gone, this offer ends!**



**503 51st Street East**

**Call us today  
306-500-1300  
www.greggs.ca**



\* Manufacturer or third party warranty coverage. When not required, equipment to be maintained in accordance with the manufacturer's recommendations. Some installers may apply. See store for full details. ©2015 Clickwork Home Services, Inc.